

11 Tips and Character Traits For Living Better With Parkinson's

(from <http://journeywithparkinsons.com>)

You will have good hours/days and you will have some not so good hours/days; here are some tips and character traits that will help keep you balanced and hopefully having many happy 'life-filled' days ahead.

***"Do not confuse my bad days as a sign of weakness. Those are actually the days I'm fighting my hardest."* Unknown**

Persistence

As President Coolidge remarked *"Nothing in the world can take the place of persistence"*; says to me we must always keep going in dealing with our disorder. Staying persistent is creating new options, and it requires the courage of one's convictions.

Hope

We must stay the course, treat our symptoms proactively, and use this hope to try to stymie the expected Parkinson's progression. *"No matter how dark the moment, love and hope are always possible."* George Chakiris

Mindfulness

Being mindful brings us to dwell only on the immediate time, the current moment. *"Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes."* Thich Nhat Hanh

Courage and Strength

Your own strength provides the fulcrum where resistance resides to confront the effects of the disorder. *"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."* Arnold Schwarzenegger

Gratitude And Contentment

Being grateful and content relieves stress and rejuvenates the heart; ultimately, this will enrich our response to Parkinson's. *"When we give cheerfully and accept gratefully, everyone is blessed."* Maya Angelou

Exercise Is Your Friend

Exercise improves balance, reverses joint stiffness, improves mobility, and bolsters your spirit. *"Choose the body in which to dwell."* Lailah Gifty Akita

Understand Nutritional Needs

There is no special diet for Parkinson's; however, a well-balanced, nutritious diet is extremely beneficial. *"Healthy habits harbor happiness."* Zero Dean

Believe

Believe that remaining positive is life re-affirming. *"Believe you can and you're halfway there."* Theodore Roosevelt

Journey On

The stumbling blocks of Parkinson's are ever present and our journey will be up and down. Include all of the people capable of assisting your journey. Your team will follow the path of your journey, they matter in your life; and your maximum effort in this journey matters a lot. *"Everyone is handed adversity in life. No one's journey is easy. It's how they handle it that makes people unique."* Kevin Conroy

Sleep, Sleep Some More

Sleep is a crucial daily-life event for all of us with Parkinson's. *"With the new day comes new strength and new thoughts."* Eleanor Roosevelt

Stay You

Always remember, your life matters now with Parkinson's as much as it did before Parkinson's. *"In the midst of winter, I found there was, within me, an invincible summer."* Albert Camus